

# **United States Department of Agriculture**

## **HealthierUS School Challenge**

### **Food/Nutrient Guidance**

April 2006

#### **Contents:**

Page 2--Attachment A: Examples of DarkGreen/Orange Vegetables  
Examples of Orange Fruits

Page 3--Attachment B-1: Foods that are Good Sources of Vitamin C

Page 5--Attachment B-2: USDA Recipes with at least 8 mg. Of Vitamin C Per Serving

Page 7--Attachment B-3 USDA Commodity Foods with at least 8 mg of Vitamin C

Page 8--Attachment C: Definition and Examples of Different Entrees or Meat/Meat Alternates

Page 9--Attachment D: Definition and Examples of Legumes (Dried Peas and Beans)

Page 10--Attachment E: Definition and Examples of Whole Grain Products

Page 11--Attachment F-1: Food that are Good Sources of Iron

Page 13--Attachment F-2: USDA Recipes with at least .8 mg. of Iron Per Serving

Page 19--Attachment F-3: USDA Commodity Foods with at least .8 mg of Iron Per Serving

All nutrient data is from the USDA Nutrient Database for Standard Reference Release 18 and may be found at: <http://www.ars.usda.gov/ba/bhnrc/ndl>

### **Examples of Dark Green/Orange Vegetables**

- Acorn Squash
- Beet and Mustard Greens
- Bok Choy
- Broccoli
- Butternut Squash
- Carrots
- Collard Greens
- Dark Green Leaf Lettuces or Salad Greens, e.g. Mesclun
- Hubbard Squash
- Kale
- Pumpkin
- Romaine Lettuce
- Spinach
- Sweet Potatoes or Yams (Orange)
- Turnip Greens
- Watercress

### **Examples of Orange Fruits**

- Apricots
- Cantaloupe
- Guava
- Mandarin Oranges
- Mango
- Nectarines
- Orange
- Papaya
- Peaches
- Tangerines

**Good Sources of Vitamin C (at least 8 mg per serving)\***

<b>Food Item</b>	<b>Serving Size</b>	<b>Mg.</b>
Asparagus, frozen, cooked, boiled	½ cup	22
Asparagus, frozen, cooked, boiled	4 spears	15
Banana	1 small	9
Broccoli, frozen, chopped, cooked, boiled	½ cup	37
Broccoli, raw	¼ cup	20
Brussels sprouts, frozen, cooked, boiled	¼ cup	18
Cabbage, Chinese (pak-choi), cooked, boiled	½ cup	22
Cabbage, cooked, boiled	½ cup	15
Cabbage, red, raw	¼ cup	10
Carambola,(starfruit), raw	¼ cup	9
Cauliflower, frozen, cooked, boiled	¼ cup	14
Cauliflower, raw	¼ cup	12
Coleslaw, school-prepared	¼ cup	10
Collards, frozen, chopped, cooked, boiled	½ cup	22
Corn, sweet, yellow, canned	½ cup	9
Cranberry juice cocktail, bottled	4 fl. oz.	45
Grapefruit sections, canned, light syrup pack, solids and liquid	¼ cup	14
Grapefruit, raw, white	¼ grapefruit	20
Grapes, red or green (Such as Thompson seedless), raw	½ cup	9
Kale, cooked, boiled, drained	½ cup	27
Kiwi fruit, (Chinese gooseberries), fresh	½ medium	35
Kohlrabi, cooked, boiled, drained	½ cup	45
Lemon juice, canned or bottled	2 T.	8
Lima beans, immature seeds, frozen, cooked	½ cup	11
Mandarin oranges, canned	¼ cup	12
Mangos, raw	¼ cup	12
Melons, cantaloupe, raw	½ cup	29
Melons, cantaloupe, raw	1/8 melon	25
Melons, honeydew, raw	½ cup	15
Mustard greens, cooked, boiled	½ cup	18
Orange juice, canned, unsweetened	4 fl.oz.	43
Orange juice, chilled, includes from concentrate	4 fl. oz.	41
Oranges, raw, all commercial varieties	1 medium	70
Papayas, raw	¼ papaya	47
Peaches, frozen, sliced, sweetened	¼ cup	59
Peas, green, canned, regular pack	½ cup	8
Peas, green, frozen, cooked, boiled	½ cup	8
Peppers, hot chili, green, raw	¼ pepper	27
Peppers, hot chili, red, raw	¼ pepper	16
Peppers, sweet, green, raw	¼ cup	30
Peppers, sweet, green, cooked, boiled, drained	¼ cup	25

## Attachment B-1 continued

Peppers, sweet, red, raw	¼ cup	71
Peppers, sweet, red, cooked, boiled, drained	¼ cup	58
Pineapple juice, canned, unsweetened	4 fl. oz.	13
Pineapple, canned, juice pack, solids and liquids	½ cup	12
Pineapple, raw, all varieties	¼ cup	14
Plantains, raw	½ medium	16
Potato wedges, frozen commodity	½ cup	8
Potato salad, school-prepared	½ cup	13
Potatoes, white, baked	1 medium	17
Potatoes, hashed brown, school-prepared	½ cup	10
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	½ cup	11
Potatoes, mashed, school-prepared	½ cup	11
Raspberries, frozen, red, sweetened	½ cup	21
Refried beans, canned (includes USDA donated)	½ cup	8
Rutabagas, cooked, boiled	¼ cup	8
Sauerkraut, canned, solids and liquids	¼ cup	9
Soybeans, green, cooked, boiled	½ cup	15
Spinach, canned, drained solids	½ cup	15
Squash, summer, all varieties, raw	½ cup	10
Squash, winter, all varieties, cooked, baked	½ cup	10
Strawberries, frozen, sweetened, sliced	½ cup	53
Strawberries, raw	½ cup	49
Sweet potato, canned, syrup pack, drained solids	½ cup	11
Sweet potato, cooked, baked in skin	1 potato	29
Tangerines, (mandarin oranges), canned	¼ cup	12
Tangerines, (mandarin oranges), raw	1 tangerine	22
Tomatoes, raw chopped	½ cup	9
Tomato juice, canned	4 fl. oz.	22
Tomato products, canned, puree	¼ cup	13
Tomato products, canned, sauce	½ cup	9
Tomato soup, canned, prepared with equal	½ cup	33
Turnip greens, cooked, boiled	½ cup	20
Turnip greens, frozen, cooked, boiled	½ cup	18
Vegetable juice cocktail, canned	4 fl. oz.	34
Watermelon, raw	1 wedge	23

\*For the HealthierUS School Challenge, a food with 8 mg. or more of vitamin C per serving was established as a good source since this is approximately ½ the NSLP target for this nutrient. It is assumed that the remainder of the nutrient will be provided from all other food items on the menu. (Adapted from USDA National Nutrient Database for Standard Reference Release 18.)

**The Following USDA Recipes Provide at Least 8 mg or More of Vitamin C Per Serving**

<b>Recipe</b>	<b>Recipe No.</b>	<b>Vitamin C mg</b>
Barbecued Beef or Pork on Roll	F-02	8.0
Bean Burrito	D-12A	10.1
Bean Taco	D-13A	8.6
Beef and Bean Tamale Pie	D-15A	12.3
Beef or Pork Burrito	D-12	9.7
Beef or Pork Burrito (Using Canned Meats)	D-12B	9.7
Beef or Pork Taco	D-13	8.2
Beef or Pork Taco (Using Canned Meats)	D-13B	8.2
Beef Shepherd's Pie	D-43	18.4
Beef Stir Fry	D-39A	29.2
Beef Tamale Pie	D-15	11.9
Beef Vegetable Soup	H-04A	11.5
Broccoli Salad	E-17	30.3
Broccoli, Cheese, and Rice Casserole	I-08	23.5
Chicken or Turkey Taco	D-13C	8.2
Chicken or Turkey Tamale Pie	D-15B	11.9
Chicken Tomato Bake	D-41	8.7
Chicken Vegetable Soup	H-04B	11.8
Chili Con Carne With Beans	D-20	14.5
Chinese Style Vegetables	I-09	10.1
Creamy Cole Slaw	E-06	11.1
Ground Beef and Macaroni	D-22	13.9
Ground Beef and Spanish Rice	D-23	11.8
Herbed Broccoli and Cauliflower Polonaise	I-18	38.8
Lasagna With Ground Beef	D-25	16.3
Lasagna with Ground Pork and Ground Beef	D-25A	16.5

Marinated Black Bean Salad	E-21	23.7
Orange Glazed Sweet Potatoes	I-13	14.6
Orange Rice Pilaf	B-21	17.7
Orange-Pineapple Gelatin	C-11	30.5
Pasta Salad	E-08	9.6
Pizza With Ground Beef Topping	D-31	9.4
Pizza with Ground Pork Topping	D-31A	10.0
Pizzaburger on Roll	F-04	10.0
Pork Stir Fry	D-39B	29.7
Potato Salad	E-09	9.2
Quick Baked Potatoes	I-17	11.3
Sloppy Joe on Roll	F-05	11.9
Stir-Fry (Chicken, Beef, Pork)	D-39	29.3
Sweet and Sour Pork	D-36	8.3
Tabouleh	E-23	13.4
Taco Salad	E-10	8.4
Thick Vegetable Soup	H-05	15.2
Vegetable Chili	D-49	17.5
Vegetable Lasagna	D-50	27.2
Vegetable Pizza	D-30A	20.9
Vegetable Quesadilla	D-52	11.9
Vegetable Soup	H-04	13.3
Vegetable Stromboli	F-06B	13.1
Vegetable Wraps	F-09	16.5

### USDA Commodity Foods with at least 8 mg of Vitamin C

Commodity Name	Serving Size	Vitamin C (mg)
<b>Fruit and Vegetables</b>		
Asparagus	¼ cup	11
Blueberries, Dried	¼ cup	8
Fig Puree	8 oz	13
Grapefruit, fresh	½ grapefruit	41
Lemon, Fresh	1 med. lemon	30
Orange Juice Conc (undiluted)	¼ cup	49
Orange Juice Conc (reconstituted)	¼ cup	24
Orange Juice, Sngl Serve Cartons	4 oz	49
Orange, Fresh	1 med. Orange	70
Peach Cups, Freestone, Indvl Serv Frzn	4.4 oz	118
Peach Cups, Sliced, Freestone, Frzn	¼ cup	59
Potatoes, (Baking Type) Fresh	½ large potato	13
Potatoes, Diced, Dehydrated	3.5 oz prepared	30
Potatoes, White, Sliced, Dehydrated	3.5 oz prepared	30
Strawberries, Whole Indvl Quick Frzn	¼ cup	15
Strawberries, Diced, Indvl Serving, Frzn	4.5 oz	46
Strawberries, Sliced, Sweetend, Frzn	¼ cup	26
Sweet Potatoes, Fresh	¼ cup	12
Tomatoes, Canned	¼ cup	9
Tomatoes, Crushed, Canned	¼ cup	10
Tomatoes Sauce, Canned	¼ cup	8
<b>Meat/MA</b>		
Beef Taco Filling, Fully Cooked, Frzn	3.74 oz	8

### **Definition and Examples of Offering Different Entrées or Meat/Meat Alternates**

Different entrées or meat/meat alternates are defined as variations in form, texture, etc. and not necessarily different types of meat/meat alternate (beef, ham, chicken, eggs, fish, etc). Although beef is the common type of food in these examples, they are considered different entrées for the HealthierUS School Challenge:

- Meatloaf with Brown Gravy
- Hamburger on a Bun
- Lasagna

SFAs should be aware that offering different *types* of meat/meat alternate, such as pork, beef, fish, chicken, egg, dried beans, etc. as frequently as possible ensures that a variety of nutrients are consumed.

Remember: when daily choices are not offered, higher fat entrée items are limited to once per week. When choices are offered, a student must be able to select a lower fat entrée each day. A higher fat entrée is defined as having  $\geq 40\%$  of calories from fat, excluding nuts, seeds, and nut butters.

Refer to Frequently Asked Questions (FAQ) #5 on page 3 for further discussion.



### **Definition and Examples of Legumes (Dried Peas and Beans)**

Beans belong to the family of plants called legumes. A legume is a plant that produces seeds in a pod (fruit) and may have the ability to fix atmospheric nitrogen. The term “dry or dried beans” includes varieties of beans other than green beans, string beans, baby green lima beans, and soybeans. Dried beans are available uncooked in sealed bags or pre-cooked in cans.

Beans are one of the most nutritionally complete foods available; they contain complex carbohydrates, protein, dietary fiber, folate, and other vitamins and minerals and are low in fat, and low in sodium.

Examples of dried peas and beans are:

- Pinto beans
- Great Northern or navy beans
- Kidney or red beans
- Black beans
- Lentils
- Garbanzo beans (chickpeas)
- Cowpeas
- Split peas
- Lima beans (dry, mature, such as large white)
- Black-eyed peas

### Definition and Examples of Whole Grain Products

For the HealthierUS School Challenge, a whole grain product is a food/menu item where the primary grain ingredient is a whole grain.

The local school review committee will review each whole grain product's recipe or ingredient statement to determine whether the product meets one of the following whole grain criteria:

- A. For purchased products to be counted toward the whole grain requirement for the HealthierUS School Challenge:
  - (1) The food product must be whole grain according to a Standard of Identity; *or*
  - (2) The ingredient statement on the label of the food product must show a whole grain as the first listed grain ingredient; *or*
  - (3) Where the first listed grain ingredient is not identified clearly as a whole grain (for example, the first grain ingredient is listed as "Corn"), documentation must be obtained from the manufacturer that the first listed grain ingredient is a whole grain; *or*
  - (4) If the first listed grain ingredient is not whole grain, but other whole grains are listed which, when added together, are at least 51% by weight of the total grains used in the product, documentation must be obtained from the manufacturer; *or*
  - (5) If the food product carries the whole-grain health claim on its product label it needs no further documentation regardless of the first listed grain ingredient. The whole-grain health claim is as follows, "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may help reduce the risk of heart disease and certain cancers." The Food and Drug Administration requires that any food product which carries the whole-grain health claim must by regulation contain 51% or more whole-grain ingredients by weight per reference amount and be low in fat.
- B. For school-made food products to be counted toward the whole grain requirement for the HealthierUS School Challenge, the food product must meet one of the following criteria:
  - (1) The total grain weight in the food product must be 100% whole grain; *or*
  - (2) If only two grain products are used in the preparation of the food product (for example, white flour and whole wheat flour), the weight of the whole grain must be at least 51% of the total grain weight; *or*
  - (3) If multiple grains are used, then the weight of the whole grains added together must be at least 51% of the total grain weight of the product.

For further discussion on whole grain products, review the "HealthierUS School Challenge Whole Grains Resource" and the "Frequently Asked Questions" document on the Team Nutrition website: <http://www.fns.usda.gov/tn/HealthierUS/index.htm>.

**Good Sources of Iron (at least .8 mg per serving)\***

<b>Food Item</b>	<b>Serving Size</b>	<b>Mg.</b>
Asparagus, canned, drained solids	4 spears	1.3
Beans, baked, canned, plain or vegetarian	½ cup	1.5
Beans, baked, canned, with pork and tomato sauce	½ cup	4
Beans, black, mature seeds, cooked	½ cup	1.8
Beans, great northern, mature seeds, cooked	½ cup	1.9
Beans, kidney, red, mature seeds, cooked	½ cup	2.6
Beans, navy, mature seeds, cooked	½ cup	2.2
Beans, pinto, mature seeds, cooked boiled	½ cup	1.8
Beans, white, mature seeds, canned	½ cup	4
Beef, chuck, blade roast, braised	2 oz	1.8
Beef, ground, 80% lean meat/ 20% fat, patty, broiled	2 oz	1.4
Beef, liver, cooked	2 oz	3.5
Beef, round bottom round, braised	2 oz	1.5
Beets, canned	½ cup	1.5
Biscuits, plain or buttermilk, prepared from recipe	2-1/2" biscuit	1.7
Bread, cornbread, from recipe, made with low-fat milk	1 piece	1.6
Bread, mixed-grain (includes whole-grain, 7-grain)	1 slice	.9
Bread, pita, white, enriched	6-1/2" pita	1.6
Bread, pumpernickel	1 slice	.9
Bread, rye	1 slice	.9
Bread, wheat (includes wheat berry)	1 slice	.8
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice	.9
Bread, whole-wheat, commercially prepared	1 slice	.9
Brussels sprouts, cooked, boiled,	½ cup	.9
Cake, gingerbread, from recipe	1 piece	2.1
Cereals ready-to-eat	1 cup	2 -22
Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity)	½ cup	1.7
Chicken, broilers or fryers, breast, roasted	½ breast	.9
Chicken, broilers or fryers, dark meat, meat only, roasted	2 oz	.8
Chickpeas (garbanzo beans), mature seeds, cooked	½ cup	2.4
Collards, cooked	½ cup	1.1
Cowpeas, common (black-eyed, crowder, southern), mature seeds, cooked	½ cup	1
Crackers, matzo, plain	1 matzo	.9
Fish fillet, battered or breaded, and fried	2 oz	1
Fish, catfish, channel, cooked, breaded and fried	2 oz	.8
Fish, haddock, cooked	2 oz	.8
Fish, tuna salad	½ cup	1
Fish, tuna, light canned in water, drained	2 oz	.9
Frankfurter, chicken or beef	1 frank	.8
Lentils, mature seeds, cooked, boiled	½ cup	3.3
Lima beans, immature seeds, frozen, baby or fordhook, cooked	½ cup	1.8
Lima beans, large, mature seed, dried, cooked	½ cup	2.2
Macaroni, cooked, enriched	½ cup	.9
Molasses, blackstrap	1 tbsp	3.5

Muffins, blueberry, commercially prepared	1 muffin	.9
Muffins, corn, dry mix, prepared	1 muffin	1
Noodles, egg, cooked, enriched	½ cup	1.3
Peas, green, cooked	½ cup	1.6
Peas, split, mature seeds, cooked	½ cup	1.3
Pizza, cheese, regular crust, frozen	1 serving	1.4
Pizza, meat and vegetable, regular crust, frozen	1 serving	1.1
Plums, canned, purple, heavy syrup pack, solids and liquids	½ cup	1
Pork, fresh, shoulder, arm picnic, braised	2 oz	1.1
Potato salad, school-prepared	½ cup	.8
Potato, baked, flesh and skin	1 medium	1.9
Raspberries, frozen, red, sweetened	½ cup	.8
Refried beans, canned (includes USDA commodity)	½ cup	2
Rice, white, long-grain or regular, parboiled, enriched	½ cup	1
Rolls, dinner, plain, commercially prepared	1 roll	.9
Rolls, hamburger or hotdog, plain	1 roll	1.4
Rolls, hard (includes Kaiser)	1 roll	1.9
Sauerkraut, canned, solids and liquids	½ cup	1.7
Soybeans, green, cooked	½ cup	2.3
Soybeans, mature cooked, boiled	½ cup	4.4
Spaghetti, cooked, enriched	½ cup	.9
Spinach, cooked, drained	½ cup	3.2
Sweet potato, canned	½ cup	1.1
Sweet potato, cooked, baked	1 medium	.8
Tomato products, canned, paste	2 T.	1
Tomato products, canned, puree	¼ cup	1.1
Tomatoes, red, ripe, canned, stewed	¼ cup	.85
Tomato sauce for pasta, spaghetti/marinara, ready-to serve	½ cup	1
Tomato soup, canned, prepared with equal volume water	½ cup	.9
Tortillas, read-to-bake or fry, flour	1 tortilla	1.1
Turkey roast, boneless, light and dark meat, roasted	1 oz light and 1 oz dark	.93
Turkey, all classes, dark meat, roasted	2 oz	1.3
Turkey, ground, cooked	2 oz	1
Turnip greens, frozen, cooked, boiled	½ cup	1.6
Vegetables, mixed canned	½ cup	.85

\* A food with .8 mg or more of iron qualifies for the HealthierUS School Challenge as a source of iron since this meets 20% of the nutrient target for school lunch (grades 4-12).

Adapted from USDA National Nutrient Database for Standard Reference Release 18

**The Following USDA Recipes Provide at least .8 mg or More Iron Per Serving**

<b>Recipe</b>	<b>Page</b>	<b>Iron</b>
Apple Cobbler	C-01	1.24 mg
Apple Crisp	C-02	0.99 mg
Apple-Honey Crisp	C-02A	1.01 mg
Applesauce Cake	C-03	1.15 mg
Arroz con Queso	D-48	2.16 mg
Baked Beans	I-06	0.86 mg
Baked French Toast Strips	J-03	1.35 mg
Baking Powder Biscuits	B-04	1.44 mg
Banana Bread Squares	B-05	0.90 mg
Barbecue Chicken	D-11	1.60 mg
Barbecued Beef or Pork on Roll	F-02	3.40 mg
Bean Burrito	D-12A	3.37 mg
Bean Soup	H-01	2.66 mg
Bean Taco	D-13A	2.67 mg
Beef and Bean Tamale Pie	D-15A	3.26 mg
Beef or Pork Burrito	D-12	2.62 mg
Beef or Pork Burrito (Using Canned Meats)	D-12B	2.35 mg
Beef or Pork Taco	D-13	2.43 mg
Beef or Pork Taco (Using Canned Meats)	D-13B	2.23 mg
Beef Shepherd's Pie	D-43	2.43 mg
Beef Stew	D-14	3.06 mg
Beef Stir Fry	D-39A	2.73

		mg
Beef Taco Pie	D-45	3.28 mg
Beef Tamale Pie	D-15	2.89 mg
Beef Vegetable Soup	H-04A	1.28 mg
Bread Stuffing	B-06	1.40 mg
Breakfast Burrito with Salsa	J-02	2.95 mg
Broccoli Salad	E-17	0.82 mg
Broccoli, Cheese, and Rice Casserole	I-08	1.04 mg
Brown Bread	B-07	1.08 mg
Brown Rice Pilaf	B-22	0.83 mg
Brownies	C-04	1.00 mg
Carrot Cake	C-05	1.18 mg
Cherry Cobbler	C-06	2.58 mg
Cherry Crisp	C-07	1.67 mg
Chicken Fajitas	D-40	2.11 mg
Chicken or Turkey a la King	D-16	1.63 mg
Chicken or Turkey and Noodles	D-17	1.91 mg
Chicken or Turkey Chop Suey	D-18	1.03 mg
Chicken or Turkey Noodle Soup	H-02	0.87 mg
Chicken or Turkey Pot Pie	D-19	2.23 mg
Chicken or Turkey Rice Soup	H-02A	1.04 mg
Chicken or Turkey Salad	E-05	0.95 mg
Chicken or Turkey Taco	D-13C	1.77 mg
Chicken or Turkey Tamale Pie	D-15B	2.40 mg
Chicken Tetrzzini	D-42	1.88 mg

Chicken Tomato Bake	D-41	2.01 mg
Chicken Vegetable Soup	H-04B	1.00 mg
Chili Con Carne With Beans	D-20	2.71 mg
Chocolate Cake	C-08	1.19 mg
Chocolena Cake	C-31	1.21 mg
Cinnamon Rolls	B-08	2.08 mg
Corn and Green Bean Casserole	I-19	0.89 mg
Corn Pudding	I-10	0.90 mg
Cornbread	B-09	0.90 mg
Cornbread Stuffing	B-06A	1.20 mg
Country Fried Steak	D-21	2.11 mg
Cream of Vegetable Soup	H-03	0.96 mg
Egg Salad Sandwich	F-03	2.29 mg
Fried Rice	B-10	1.83 mg
Gingerbread	C-23	2.07 mg
Granola	J-01	1.04 mg
Ground Beef and Macaroni	D-22	3.32 mg
Ground Beef and Spanish Rice	D-23	3.10 mg
Ground beef Stroganoff	D-24	2.19 mg
Herbed Broccoli and Cauliflower Polonaise	I-18	1.00 mg
Hummus	E-24	1.06 mg
Italian Bread	B-11	1.70 mg
Lasagna With Ground Beef	D-25	2.65 mg
Lasagna with Ground Pork and Ground Beef	D-25A	2.56 mg
Macaroni and Cheese	D-26	1.03

		mg
Macaroni Salad	E-07	1.18 mg
Marinated Black Bean Salad	E-21	1.70 mg
Meat Balls	D-27A	2.23 mg
Meat Loaf	D-27	2.23 mg
Minestrone	H-07	2.00 mg
Muffin Squares	B-12	0.88 mg
Nachos With Ground Beef	D-28	1.67 mg
New Macaroni and Cheese	D-51	1.57 mg
New Oatmeal Raisin Cookies	C-25	1.13 mg
New Spice Cake	C-28	0.82 mg
Oatmeal Cookies	C-10	0.82 mg
Oatmeal Muffin Squares	B-20	1.08 mg
Orange Rice Pilaf	B-21	1.06 mg
Oven Fried Chicken	D-29	1.77 mg
Pancakes	B-13	1.09 mg
Pasta Salad	E-08	0.96 mg
Peach Cobbler	C-13	1.43 mg
Pizza Crust	B-14	1.62 mg
Pizza With Cheese Topping	D-30	2.17 mg
Pizza With Ground Beef Topping	D-31	2.82 mg
Pizza with Ground Pork Topping	D-31A	2.60 mg
Pizzaburger on Roll	F-04	3.58 mg
Pork Stir Fry	D-39B	1.37 mg
Potatoes Au Gratin	I-14	1.51 mg



Pourable Pizza Crust	B-15	1.67 mg
Quiche With Self-Forming Crust	D-32	1.04 mg
Quick Baked Potatoes	I-17	1.31 mg
Refried Beans	I-15	1.61 mg
Rice-Vegetable Casserole	B-23	0.96 mg
Rolls (yeast)	B-16	1.75 mg
Royal Brownies	C-21	0.95 mg
Salisbury Steak	D-33	2.00 mg
Scalloped Potatoes	I-16	1.68 mg
Sloppy Joe on Roll	F-05	3.74 mg
Spaghetti and Meat Sauce	D-35	3.24 mg
Spaghetti and Meat Sauce (Ground Beef and Ground Pork)	D-35A	2.98 mg
Spice Cake	C-16	1.30 mg
Stir-Fry (Chicken, Beef, Pork)	D-39	1.26 mg
Stromboli	F-06	1.79 mg
Stromboli with Tomato Sauce	F-06A	1.97 mg
Sweet and Sour Pork	D-36	1.11 mg
Sweet Potato Pie With Whipped Topping	C-17	1.98 mg
Sweet Potato-Prune Bread Squares	B-18	2.05 mg
Tabouleh	E-23	1.13 mg
Taco Pie with Beans	D-45B	3.62 mg
Taco Pie with Salad Topping	D-45A	3.41 mg
Taco Salad	E-10	2.49 mg
Thick Vegetable Soup	H-05	2.58 mg
Toasted Turkey Ham and Cheese Sandwich	F-07A	2.39

		mg
Tuna and Noodles	D-37	3.92 mg
Tuna Salad Sandwich	F-08	3.02 mg
Turkey and Dressing Supreme	D-38	2.21 mg
Vegetable Chili	D-49	2.26 mg
Vegetable Lasagna	D-50	2.86 mg
Vegetable Pizza	D-30A	2.68 mg
Vegetable Quesadilla	D-52	1.98 mg
Vegetable Soup	H-04	1.08 mg
Vegetable Stromboli	F-06B	1.65 mg
Vegetable Wraps	F-09	1.94 mg
White bread	B-19	1.03 mg
Yellow Cake	C-20	1.05 mg

### USDA Commodity Foods with at least .8 mg of Iron

Commodity Name	Serving Size	Iron
<b>Fruit and Vegetables</b>		
Asparagus	¼ cup	1
Blueberries, Dried	¼ cup	.8
Raspberry Puree	3.5 oz	1.1
Fig, Whole, Dried	¼ cup	1.1
Fig Puree	8 oz	5.5
Fruit and Nut Mix	1/3 cup	.9
Plum Puree, Dried	3.5 oz	2.8
Potatoes, (Baking Type) Fresh	½ large potato	1.4
Potatoes, Diced, Dehydrated	3.5 oz	1.7
Potatoes, White, Sliced, Dehydrated	3.5 oz	1.5
Raisins, Seedless	¼ cup	.8
Raisins, Seedless, Individually Packed	1.33 oz	1
Salsa, Tomato, Canned	¼ cup	1.2
Sweet Potatoes, Mashed Canned	¼ cup heated	.9
<b>Meat/MA</b>		
Almonds	¼ cup	1
Beans, Canned Various (kidney)	¼ cup	.8
Beans, Dry Various (kidney)	¼ cup	1.3
Beans, Lima, Dry	¼ cup	1.1
Beans, Vegetarian, Canned	¼ cup	.9
Beans, White, Canned and Dry	¼ cup	1.1
Beef Crumbles, Fully Cooked, Frzn	2.2 oz	.8
Beef Patty, Fully Cooked, Breaded, Frzn	3 oz	2.5
Beef Patty w/ Soy Protein (SPP), Fully Cooked Frzn	2.2 oz	1
Beef Pot Roast, Cooked w/ Juices, Frzn	3 oz	4.5
Beef Sloppy Joe, Fully Cooked, Frzn	3.75 oz	1
Beef Chuck Roast, Raw Frzn	3 oz	2.6
Beans, Garbanzo, Canned	¼ cup	.8
Beans, Refried, Canned	¼ cup	1
Beef Ground, Patties & VPP, Raw, Frzn	3.1 oz	2.3
Beef Ground, Patties, Raw, 10% Fat, Frzn	3.1 oz	2.3-2.6
Beef Ground, Patties, Raw Frzn	3.1 oz	1.5
Beef Taco Filling, Fully Cooked, Frzn	3.75 oz	.88
Beef Ground, Bulk, Raw, Frzn	2 oz cooked meat (2.7 raw)	1.5

Chick. Nuggets, Batter Breaded, Cooked, Frzn	5 pcs	1.3
Chick. Parts, Cooked Batter/Breaded, Frzn	1 serving, 1 breast; 1 thigh w/back; 1 drumstick + 1 wing	.8
Chick. Patties, Batter/Breaded, Cooked Frzn	2 oz	1
Chick patties, Grilled Frzn	2 oz	1
Chic. Thighs and Drumsticks, Raw, Frzn	2 oz of cooked meat	.8
Egg Mix, All Purpose, Dries	0.6 oz/2T	1
Macaroni and Cheese, Processed, Frzn	1 cup	1.4
Peas, Black-Eyed, Canned or Dry	¼ cup	1.1
Peas, Lentils, Dry	¼ cup	1.7
Pork Patties, Fully Cooked, Frzn (2.7 oz)	2.7 oz	.9
Pork Patty, Breaded, Fully Cooked, Frzn	3.75 oz	2.1
Pork Sloppy Joe, Fully Cooked, Frzn	4 oz	1.7
Pork Taco Filling, Fully Cooked, Frzn	2 oz	2
Pork, Fresh Ham Roast, Boneless, Raw, Frzn	3 oz of cooked meat	1
Pork Fully Cooked w/ Natural Juices, Canned	2 oz	1.2
Sunflower Seed Butter	2T	1
Turkey Burger, Raw, Frzn	2 oz of cooked meat	1.2
Turkey Ham w 15% Water Added, Fully Cooked, Frzn	3.53 oz	1
Turkey Taco Filling, Fully Cooked, Frzn	3.75 oz	1.9
<b>Bread/Bread Alt.</b>		
Bakery Mix, Biscuit Type, Regular & Low Fat	1/3 cup	1.5
Cornmeal	1 oz	1.1
Flour, All Purpose	1 oz	1.3
Flour, Bread	1 oz	1.3
Flour, Soft Wheat	1 oz	1.3
Flour, Whole Wheat	1 oz	1.1
Grits, Corn	½ cup cooked	.8
Macaroni, Spaghetti and Rotini (Spirals)	½ cup cooked	1
Oats, Rolled, Quick	½ cup cooked	.8
Rice, White Enriched	½ cup cooked	1
Wheat, Rolled, Quick (uncooked)	½ cup cooked	1